

# Proclamation

Every day, 1 in 8 babies born in the United States arrives before his or her due date. Premature birth threatens the lives and health of more than half a million babies annually, which include 2,300 in Hawai'i. In addition, 100,000 of these children develop health problems because of their early births.

Preterm delivery can happen to any pregnant woman, and in nearly half of these premature births, the cause is still unknown.

March of Dimes is leading the national effort to save babies from the devastating effects of premature birth by funding research to find the causes, educating couples about risk reduction strategies and expanding access to healthcare coverage in order for more women to receive prenatal care. March of Dimes also plays a significant role in supporting local programs that offer hope and assistance to families with a baby in intensive care.

Each year, the March of Dimes sponsors *Prematurity Awareness Month* to help educate expecting mothers, fathers and family members about the contributing risks and warning signs of preterm labor. In order to reduce the risk of premature birth, they remind pregnant women to do the following:

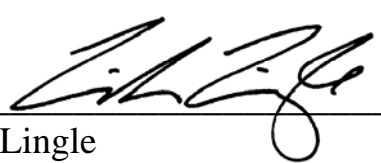
- Not to smoke and to avoid secondhand smoke if possible
- Not to consume any alcohol
- Discuss all prescription, non-prescription and herbal medications with their doctors
- Reduce stress and ask friends and family members for help in order to rest and relax
- Contact their healthcare provider if there are any signs of infection
- Be aware of the signs of preterm labor, such as contractions, pelvic pressure, low and dull backache, and cramping.

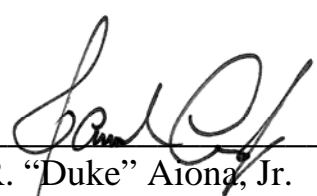
In order to aid the March of Dimes Association in their efforts, **I, LINDA LINGLE**, Governor of the State of Hawai'i, and **I, JAMES R. "DUKE" AIONA, JR.**, Lieutenant Governor, do hereby proclaim **November 2006**, as

## PREMATURITY AWARENESS MONTH

in Hawai'i, and encourage all citizens to support March of Dimes in order to reduce the rate of premature births.

**DONE** at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai'i, this thirtieth day of October 2006.

  
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Linda Lingle  
Governor, State of Hawai'i

  
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James R. "Duke" Aiona, Jr.  
Lieutenant Governor, State of Hawai'i